

A woman with blonde hair tied back, wearing a grey sleeveless sports top and bright blue leggings, is smiling and holding a red resistance band. The background is plain white.

flexibility

**FULL BODY  
BAND  
WORKOUT**

Dis-Chem **LIVING FIT**

**The trusted resistance band. Just about everyone who trains, no matter how strong or fit they are, has one at home or in their gym bag for its versatility.**

This functional piece of exercise equipment is light and portable, which makes it ideal for an anytime, anywhere resistance training session at home, while travelling or to perform specific exercises for smaller muscle groups as part of your regular routine.

Bands are also used extensively for injury rehabilitation among all types of athletes, be it in physiotherapy rooms or biokineticist practices, or between treatment sessions to speed up recovery.

## THE BAND BENEFITS

Resistance bands, like the Sportmate exercise bands available at Dis-Chem stores and online at [www.dischem.co.za](http://www.dischem.co.za), offer a different form of resistance than weights.

The constant tension requires muscle activation on the contraction (concentric) and the extension (eccentric) movement phases. And they don't place the same stress on joints like dumbbells and kettlebells do.

They also come in various strengths, offering different degrees of resistance from 'light' to 'heavy'. This ensures a broad application across activities and makes them ideal for inclusion in any holistic training program.

## PERFECT FOR BEGINNERS

**A band is the ideal way to take the next step in your journey to fully-fledged weight training in the gym.**

If you followed our beginner's bodyweight program in our previous issue (you can download it for free from [www.livingfit.co.za](http://www.livingfit.co.za)), then it's time to take the next step with this full-body band workout.



## MEET LAURA

Laura Danielz is one of South Africa's most recognisable fitness professionals. She hails from the small town of Klerksdorp, but has since established herself as a prolific fitfluencer. Laura is a model, a WBFF Diva Bikini Model Pro, a judge and an author of a cookbook series. She has represented numerous local and international brands as an ambassador, including USN.

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# YOUR FULL-BODY BAND CIRCUIT

Perform this workout at least three times a week, and keep active in other ways for the remainder of the week.

## THE MOVES

1. Band thrusters
2. Bent-over rows
3. Band pull-aparts
4. Upright rows
5. Band good mornings
6. Tricep kickbacks
7. Reverse lunges with bicep curls
8. Woodchops
9. Monster walks

## THE STRUCTURE

**STEP 1:** Complete 15-20 reps for each exercise.

**STEP 2:** Move immediately to the next exercise.

**STEP 3:** Work through the entire circuit before taking a break.

**STEP 4:** Repeat the circuit for a total of 3 rounds to complete the workout.

# THE WORKOUT

## DID YOU KNOW:

The risk of injury is minimal due to the type of stress imposed with resistance bands.



## Move #1:

### Band thrusters

Stand on the band with one foot. Position your feet shoulder-width apart and hold each end of the band in each hand.

**HOW TO:** Raise both hands up to your shoulders, with your palms facing forward. Squat down until your thighs are past parallel to the floor. Push yourself up by extending your hips and knees to return to the upright position. Press the band directly over your shoulders until your arms are extended above your head. Return your hands to your shoulders and repeat the movement sequence.

**FORM TIP:** Look straight ahead and keep your torso as upright as possible.

## Move #2:

### Bent-over row

Stand on the band with one foot. Position your feet shoulder-width apart and hold each end of the band in each hand. Bend slightly at the knees and hinge forward at the waist, keeping your hips back.

**HOW TO:** Lower your hands to the outside of your knees. Keeping your elbows bent, pull the band up towards your upper rib cage, squeezing your shoulder blades together at the top of the movement. Repeat for the required reps.

**FORM TIP:** Drive your elbows back forcefully to activate your back muscles.



**BENEFIT**

**DID YOU KNOW:** Continuous tension develops more holistic strength and aids rehabilitation by recruiting more muscle fibres in every rep, without excessive load.



Move #3

## Band pull-aparts

Stand upright and hold the exercise band in front of you at around chest height. Position your hands shoulder-width apart with your arms extended.

**HOW TO:** Pull the band apart. Return your hands to the starting position under control and repeat for the required reps.

**FORM TIP:** Squeeze your shoulder blades together at the peak of the contraction.





Move #4:

## Upright rows

Stand with one foot on the band positioned shoulder-width apart. Hold each end of the band in each hand in front of you, with your palms facing backwards just in front of your thighs.

**HOW TO:** Pull the band straight up the front of your body to shoulder level. Slowly lower your hands back down to the starting position under control and repeat for the required reps.

**FORM TIP:** Lead with your elbows, which should be above your shoulders at the top of the movement.

Move #5:

## Band good mornings

Stand with both feet on the band positioned closer than shoulder-width apart and your toes pointing slightly inward. Create tension on the band, either by wrapping it around your hands or looping it around your neck.

**HOW TO:** Bend at the hips and lower your torso until nearly parallel to the floor and a stretch is felt in the hamstrings. Engage your glutes, core and hamstrings as you extend back up to a standing position.

**FORM TIP:** Keep legs and back straight with your shoulder blades together.





Move #6:

## Tricep kickbacks

Stand on the middle of the band with both feet. Hold each end of the band in either hand. Stand upright with a slight bend in your knees.

**HOW TO:** Flex your hips to tilt your torso forward at 45-60 degrees. Pull the band from the fully extended hanging position to your upper waist/lower chest. With your elbows flexed, kick your hands back simultaneously to perform a tricep kickback. Repeat for the required reps.

**FORM TIP:** Keep your head and neck in a neutral position with your gaze cast down.

Move #7:

## Reverse lunge with bicep curls

Place the centre of the band under one foot and hold the ends of the band in your hands on the same side, with your palms facing up.

**HOW TO:** Take a step back with the leg not on the band. Drop your knee down to just above floor level. As you do so, curl your arms up. Extend your leading leg and hip to stand back up, bringing your trailing leg back to the starting position. Lower your hands as you do so. Repeat the movement for the required reps before swapping legs.

**FORM TIP:** Squeeze your shoulder blades together at the peak of the contraction.



**DID YOU KNOW:** Resistance bands can be used in a variety of exercises to target the entire body.

Move #8:

## Woodchops

Stand upright, placing one leg on top of the band at the midpoint. Hold the ends together in both hands, positioned out to the side and slightly down.

**HOW TO:** Pull the band up across your body while rotating your torso. Return to the starting position by lowering the band under control and twisting your torso back. Repeat the movement for the required reps, then swap sides and repeat.

**FORM TIP:** Track your hand movement with your eyes to ensure a fuller rotation and better postural alignment throughout the exercise.



Move #9:

## Monster walks

Tie the ends of the band together. Place the looped band around your ankles. Step your feet out to shoulder-width apart and maintain tension on the band.

**HOW TO:** Drop down into a semi-squat. Maintain tension on the band as you step one foot forward and out to the side. Step the other foot forward and out to the other side. Continue walking forward with these big monster steps for half the reps. Walk backwards in the same manner to complete the remaining reps.

**FORM TIP:** Ensure that your knees do not cave in while you walk. **LF**